

THE WELLFLEET WAVE

newsletter of the Wellfleet Council on Aging
715 Old King's Highway • Wellfleet • 02667

COA STAFF DIRECTORY

Suzanne Grout Thomas, Director ~Ext. 202 suzanne.thomas@wellfleet-ma.gov
Linda Rockwell Balch, Outreach Coordinator ~Ext. 201 linda.balch@wellfleet-ma.gov
Terri Frazier, Office Manager ~ Ext. 205 terri.frazier@wellfleet-ma.gov
Sally Largey, Office Assistant/Volunteer Coordinator ~ sally.largey@wellfleet-ma.gov

VOLUME 2017-9 & 10

September/October 2017

GENERAL PHONE NUMBERS

508-349-2800 OR 349-0313

FAX: 508-349-0319

WELLFLEET DINES OUT

It's that time of year again.....Between Labor Day and October 12 you can enjoy dinner at your favorite Wellfleet restaurants and try a new one to benefit the Friends of the Wellfleet Council on Aging, too! Participating restaurants have chosen an evening when they will donate a percentage of their food sales to the Friends for our support of the COA's programs, services and other special needs of Wellfleet's seniors. Check the calendar pages, schedule your nights out & find a special insert inside this newsletter !!



WHEN PARTICIPATING, REMEMBER TO THANK THE RESTAURANTS FOR SUPPORTING WELLFLEET DINES OUT!

Check the calendar pages & schedule your nights out for the following:

- *The Bookstore
- *The Wicked Oyster
- *PJ's Family Restaurant
- *Moby Dick's
- *Marconi Beach
- *Van Rensselaer's
- *The Pearl
- *Catch of the Day
- *PB Boulangerie Bistro
- *Winslow's Tavern



for information on

- Wellfleet Senior Center Police Academy
- Friends of the Wellfleet membership
- Drawing classes
- Medicare information.....and much more !!!

DATES TO REMEMBER

Monday, September 4th ~ Closed for Labor Day

Monday, September 18th ~ Senior Center Police Academy begins

Monday, October 2nd ~ AARP Driver Smart Driver Class

Monday, October 9th ~ Closed for Columbus Day

Tuesday, October 10th ~ Flu Shot Clinic (see page 2 for details) ~ **no exercise classes**

Tuesday, October 24th ~ **Special Town Election** ~ voting 12 noon – 8 PM ~ **no exercise classes**

SAVE THE DATE: November 14th ~ National Memory Screening Day

~ free screenings at COA ~ call for details

♥ FOR YOUR HEALTH

♥ **ASK A NURSE:** Visiting Nurses Association of Cape Cod, offers FREE services every WEDNESDAY from 10 AM – 12 NOON. Come in and meet Charlie Altieri, R.N.:



- Blood pressure
- Glucose monitoring
- Weight monitoring
- Nutrition advice & counseling
- Medication questions
- Information on area services
- Information on common communicable diseases
- Information on common medical problems
- Health and wellness questions

♥ **DR. CAMPO, PODIATRIST:** For all foot care problems and routine care. NOTE: Most podiatry services are covered by Medicare & other insurance (prior approval needed for HMO's) ~ the balance of what insurance does not cover is patient's responsibility, including any co-payments mandated by your insurance carrier. Appointments must be booked through the COA. September 15, 29, October 13, 27. **NEW SCHEDULING PROCEDURE FOR DR. CAMPO:** *There will be no scheduling of "floats". Patients must adhere to scheduled time, NO EXCEPTIONS. Emergency appointments are scheduled through the Boston office, not the COA. Thank you.*



FLU SHOT CLINIC: Tuesday, October 10th, 9 AM – 11 AM. For residents 18 years of age and older. By appointment only. Please call us to schedule. Bring your insurance cards and ID.

► FOR YOUR ASSISTANCE

► **AARP SMART DRIVER COURSE:** *Learn proven strategies to help keep you safe while on the road. After taking the course, you may even be eligible for a discount on your insurance! The course teaches valuable defensive driving skills & provides a refresher of the rules of the road. Audio-visual instruction only, no affiliation with the Registry of Motor Vehicles, no testing. An AARP Smart Driver Course will take place at the Wellfleet COA on Monday, October 2 from 10 AM – 2:30PM. Space is limited ~ call early to reserve your space for this informative class. Lunch provided courtesy of Wellfleet Police. Fee for class ~ AARP members \$15, non-members \$20. Visit www.aarp.org/drive for additional information. Reservations absolutely required!*



► **ARE YOU READY FOR MEDICARE?** Deb Ford of New York Life will be hosting Medicare Review Seminars on **Wednesday, September 20 and Wednesday, October 18 at 4 PM.** Focus is on those individuals turning 65; however, all are welcome. Review of Medicare, the differences between Parts A and B, Medicare coverage and Part D prescription drug coverage. Call COA to reserve a spot for the Wednesday sessions or individual appointments are available for those unable to attend on above dates ~ call Deb Ford at 508-367-0061 to schedule.

► **DR. MARLENE DENESSEN:** Counseling services at the COA on Mondays. She is a senior professional and can help with all kinds of life situations. Try a free session with no obligation. If you decide to continue, her services are insurance billable. Call 508-896-7790 for an appointment.

► **GOSNOLD COUNSELING:** By appointment at the Wellfleet COA ~ booked through the Gosnold Office in Provincetown 508-487-2449. **CONFIDENTIAL.**

► **LEGAL ASSISTANCE:** 60 years of age or older ~ By appointment on the second Wednesday of the month, from 10 – Noon. Conducted by Attorney Tom Kosman, of Legal Services for Cape Cod and the Islands. Free. **No September session, October 11.**

► FOR YOUR ASSISTANCE (cont.)

► **TRANSPORTATION:** For Wellfleet residents 60+. Call us for more information. Monday - Wednesday - medical appointments, Thursday - Wellfleet day, Friday - Orleans grocery shopping.

► **WELLFLEET ALZHEIMER'S ASSOCIATION:** Serves the Lower Cape from Provincetown to Chatham by raising funds to be used to alleviate the financial and emotional stress created by Alzheimer's disease or other memory deficiencies. The Association works with the Outreach staff of the Councils on Aging to identify patients and caregivers in need. All applications are confidential and are submitted by the Outreach worker at the COA in your town. Please call Wellfleet COA Outreach Coordinator, Linda Balch for more information.

MEDICARE ASSISTANCE ~ DON'T IGNORE YOUR MEDICARE MAIL!! It's that



time of year! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you will receive information from your plan by the end of September. Please **understand** and **save** this information regarding changes in your plan for 2018. During Medicare Open Enrollment (**October 15 - December 7**), you may change your insurance plan for next year. The Senior Center can help you understand your plan changes, as well as other options you may have ~ you may schedule a phone or in-person appointment. The Council on Aging offers free, confidential counseling on all aspects of Medicare and

related health insurance programs. To schedule an appointment, call our Outreach Coordinator, Linda Balch. *Call early to make that appointment ~ bring your Medicare/insurance cards and complete list of your medications. DO NOT WAIT!!*

🍏 FOR YOUR DINING PLEASURE

🍏 **IRIS'S CAFÉ:** Every Thursday at 12:30 - \$7.50 per person, all luncheons include coffee & dessert, reservations required by Wednesday. Menu on last page of The Wave.

🍏 **OUTER CAPE COMMUNITY COFFEE:** Coffee & fresh baked scones. Monday - Friday.

🍏 **SOUP/SALAD TO GO:** Maryann's fresh summer salads, pints packed to travel, \$4.00 ~ every Monday! Salad or soup, depending on the weather.

★ FOR YOUR FUN AND ENTERTAINMENT

★ **BRIDGE:** Every Friday from 1-4. Beginners welcome. Non-competitive, casual & fun.

★ **QUILTING GROUP:** First and third Thursday, from 1-4 in our Conference Room.

★ **SCRABBLE:** Join other Scrabble enthusiasts, every Thursday immediately after Iris's Café.

★ **THE WELLFLEET RED "MAD HATTERS":** We would like to invite any ladies 50 years plus to join our "Tea Party" at 2 PM, the first Monday of every month. Please call Kip Detlef at (508)349-6805 for more information, as schedule/location varies.

★ **WELLFLEET WAVE BOOK CLUB:** **Thursday, September 21st, 1:30 ~ Anything's Possible by Elizabeth Strout** ~ New York Times Bestseller ~ *An unforgettable cast of small-town characters copes with love and loss in this new work of fiction by #1 bestselling author and Pulitzer Prize winner Elizabeth Strout.* **Thursday, October 19th, 1:30 ~ The Underground Railroad by Colson Whitehead** ~ Winner of the Pulitzer Prize, #1 NY Times bestseller ~ *a magnificent tour de force chronicling a young slave's adventures as she makes a desperate bid for freedom in the antebellum South.*

★ FOR YOUR FUN AND ENTERTAINMENT (cont.)

★ **DRAWING WORKSHOP WITH MICHAEL WALCZAK** ~ Wednesdays from 1 - 3, September 13 - October 18. \$5 per session. In this workshop participants will use a variety



of materials and techniques to develop abstract images and personal representations of people, places and things. We will combine traditional and non-traditional wet and dry media (inks, crayons, pencils, charcoal, paints and more). Bring your favorite drawing pads and lots of energy to this laid back exciting workshop. Michael Walczak is a freelance artist currently living in Wellfleet. He shows his work at PB Boulangerie Bistro (Wellfleet) and Studio 17 (Provincetown). Thank you to the Friends of the COA for supplemental funding of this program!

☺ FOR YOUR WELL-BEING

Balance/General Exercise & Strength Training with Melissa Shantz
10-WEEK EXERCISE SESSION

Next session ~ October 23 - December 29, 2017

**Mix & match your days/classes ~ FOR BALANCE/GENERAL EXERCISE
 AND/OR STRENGTH TRAINING CLASSES ONLY**

discounted rates for multiple sessions ~ 1X per week for \$55,

2X per week \$80, 3X per week \$100, 4X per week \$120 ~

Drop-ins welcome, \$7 per class drop-in rate ~

mid-session drop-ins will NOT be pro-rated

☺ **BALANCE/GENERAL EXERCISE CLASS:** Basic exercise to help with balance & aid in stability, head to toe limbering, strengthening, seated & standing exercise, light weight work available, *every day except Thursday*, 10:15 - 11:15 AM

☺ **STRENGTH TRAINING CLASS:** Low-impact aerobics/strengthening class, 1 hour of isolations, stretching, strengthening/low impact aerobics, optional end of class weight work, Thera-bands & weights available, *every day except Thursday*, 8:45 - 10 AM.

NOTE!!!! NO CLASSES OCTOBER 10th & 24th !

☺ **STRETCH AND STRENGTHEN MAT CLASS WITH MELISSA:** A little Pilates, core work, centering & meditation, arthritis friendly ~ Thursday mornings, 8:45-10 ~ \$7.00 per class.

Note: Physician's approval absolutely required for all exercise classes!

**FIND AND "LIKE" THE
 WELLFLEET COA ON
 FACEBOOK FOR NEWS AND
 EVENTS!**



**Find us on
 Facebook**

◆ **FOR YOUR SUPPORT**

◆ **ALZHEIMER'S/DEMENTIA CAREGIVER'S SUPPORT GROUP:** Facilitated by Alzheimer's Family Support Center Executive Director Dr. Molly Perdue. Loved ones with Mild Cognitive Impairment or early-stage Alzheimer's are welcome, for whom separate support will be provided. Second Tuesday of each month, 3 - 4:30 PM ~ September 12, October 10. Call the COA or the Support Center for more information 508-737-7934

◆ **BEREAVEMENT SUPPORT GROUP:** Sponsored by VNA Hospice & Palliative Care of Cape Cod, facilitated by Nancy Higgins, LICSW. 2nd & 4th Thursdays, 10 - 11:30 AM. This is an open, drop-in style group for anyone who is grieving the death of a loved one. Emotional support, coping skills & companionship in a safe, non-judgmental environment. Call Nancy for more information at 508-957-7715. September 14, 28 and October 12, 26.

◆ **CAREGIVER'S SUPPORT GROUP:** Are you a caregiver? Do you know of a caregiver? The COA sponsored support group can be a powerful tool ~ visit fellow caregivers and knowledgeable group leaders for information sharing and peer support. Meetings are held at the COA on the 1st and 3rd Tuesday of the month, from 10-11:30 AM. The meetings are free and all are welcome. September 5, 19 & October 3, 17.

◆ **FRIENDLY VISITOR PROGRAM:** *If you would be interested in being one of our Friendly Visitor volunteers or if you would like a Friendly Visitor, please contact Linda Balch, Outreach Coordinator*

◆ **WELLFLEET POLICE DEPARTMENT COUNCIL ON AGING LIAISON:** Wellfleet Police Officer George Spirito has been designated as a liaison to the Council on Aging. You will see George around the center frequently, stopping in to visit, for coffee, Iris's Café, just to chat. George has also left his business cards at the front desk of the COA should anyone like to contact him with any questions or concerns.



Protect Yourself From Medicare Fraud!

Did you know that \$60 to \$90 billion of our tax dollars are lost to Medicare fraud each year? Come meet Tom Clarke, a representative of the Massachusetts Senior Medicare Patrol (MA SMP) Program, on Thursday, September 21 at 1:30 p.m. at the Truro Senior Center, 7 Standish Way, North Truro, and participate in a discussion on how to prevent, detect, report healthcare errors, fraud and abuse. We all can have an active role in protecting Medicare for ourselves and future generations.

This *free* information workshop for Outer Cape residents will provide you with the tools to become a more informed and engaged health care consumer. *For more information and to reserve your seat please contact Andrea Lavenets, the outreach coordinator at the Provincetown Senior Center, at 508-487-7080 or at ALavenets@Provincetown-MA.gov. This event is jointly sponsored by the Provincetown Council on Aging, the Truro Council on Aging, the Wellfleet Council on Aging, and the Massachusetts Senior Medicare Patrol Program.*

2017 WELLFLEET POLICE DEPARTMENT

Senior Center Police Academy

September 18 – November 16
Classes ~ Mondays ~ 1:30 – 3:30
Wellfleet Council on Aging

Join Officer George Spirito for a 7 week
“Police Academy”, which will include a general overview and insight
to the inner-workings of the Wellfleet Police Department.

limited to 10 participants - call the COA to pre-register

September 18 th	Introduction to Wellfleet PD, communications and community policing
September 25 th	Traffic stops, motor vehicle accidents, patrol force functions
October 2 nd	Law, investigations and the court system
October 9 th	NO CLASS - HOLIDAY
October 16 th	Drugs and addictions
October 23 rd	Defensive tactics, handcuffing, booking
October 30 th	Use of force, firearms, taser, pepper spray, firearms licensing
November 6 th	Officer family life and graduation



CALL THE WELLFLEET COUNCIL ON AGING TO REGISTER
(508)349-2800 OR (509)349-0313

FRIENDS OF THE WELLFLEET COUNCIL ON AGING (FCOA)

PO Box 306 ~ Wellfleet, MA 02667

2017-2018 ANNUAL MEMBERSHIP DUES

*Membership dues for the "Friends" are now being
accepted for July 1, 2017 – June 30, 2018*

FCOA provides supplemental funding to the Council for programs, senior/client assistance, transportation, newsletter printing & many other services that your dues & donations help support. **Thank you!**

Please complete the membership form below, enclose it with your tax-deductible dues and mail it to the FCOA at the above address or drop it off at the COA.

Individual memberships # _____ @ \$25.00 (per person)

Optional tax-deductible donation _____

*Please make
checks
payable to
FCOA*

NAME: _____

MAILING ADDRESS: _____

E-MAIL ADDRESS: _____ PHONE: _____

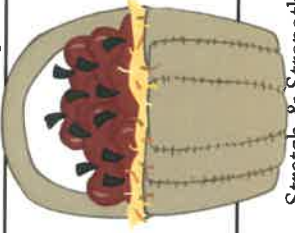
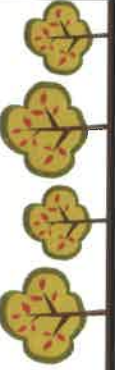
Newsletter preference (circle one): hard copy e-mail

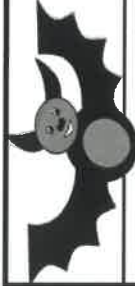
thank
you!

thank
you!

thank
you!

September 2017 ~ COA Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>WELLFLEET DINES OUT Saturday, September 23 ~ PJ's Sunday, September 24 ~ The Wicked Oyster</p> 				
<p>4 COA CLOSED TODAY FOR LABOR DAY</p>	<p>5 8:45 Strength Training 10:00 Caregiver's Support Grp. 10:15 Balance/Exercise</p>	<p>6 8:45 Strength Training 10:00 Ask A Nurse 10:15 Balance/Exercise</p>	<p>7 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 2 Scrabble</p>	<p>1 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge</p>
<p>11 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise</p>	<p>12 8:45 Strength Training 10:15 Balance/Exercise 3 Alzheimer's/Dementia 3 Caregiver's Support Grp. 3 Marlene Denessen WELLFLEET DINES OUT Moby Dick's</p>	<p>13 8:45 Strength Training 10:00 Ask A Nurse 10:15 Balance/Exercise 1 Drawing with Michael 4 Friends of the COA</p>	<p>14 8:45 Stretch & Strengthen 10 Bereavement Support 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble</p>	<p>15 8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge WELLFLEET DINES OUT The Pearl</p>
<p>18 8:45 Strength Training 10:15 Balance/Exercise 1:30 Police Academy WELLFLEET DINES OUT Catch of the Day</p>	<p>19 8:45 Strength Training 10:00 Caregiver's Support Grp. 10:15 Balance/Exercise</p>	<p>20 8:45 Strength Training 9 COA Board 10 Ask A Nurse 10:15 Balance/Exercise 1 Drawing with Michael 4 Are You Ready for Medicare?</p>	<p>21 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 1:30 Book Club - <i>Anything's Possible</i> 1:30 Medicare Fraud at Truro COA 2 Scrabble</p>	<p>22 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge</p>
<p>25 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise 1:30 Police Academy WELLFLEET DINES OUT VR's</p>	<p>26 8:45 Strength Training 10:15 Balance/Exercise </p>	<p>27 8:45 Strength Training 10:00 Ask A Nurse 10:15 Balance/Exercise 1 Drawing with Michael</p>	<p>28 8:45 Stretch & Strengthen 10 Bereavement Support 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble</p>	<p>29 8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge</p>



October 2017 ~ COA Activities

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:45 Strength Training 10 AARP Smart Driver 10:15 Balance/Exercise 1:30 Police Academy	3 8 Gosnold 8:45 Strength Training 10 Caregiver's Support Grp. 10:15 Balance/Exercise	4 8:45 Strength Training 10 Ask A Nurse 10:15 Balance/Exercise 1 Drawing with Michael	5 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 2 Scrabble WELLFLEET DINES OUT Winslow's Tavern	6 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
9 COA CLOSED TODAY FOR COLUMBUS DAY	10 NO EXERCISE TODAY 9 - 11 FLU SHOT CLINIC 8 Gosnold 3 Alzheimer's/Dementia Caregiver's Support Grp.	11 8:45 Strength Training 10 Legal Aid 10 Ask A Nurse 10:15 Balance/Exercise 1 Drawing with Michael	12 8:45 Stretch & Strengthen 10 Bereavement Support 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble WELLFLEET DINES OUT PB Boulangerie Bistro	13 8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge
16 8:45 Strength Training 10:15 Balance/Exercise 1:30 Police Academy	17 8 Gosnold 8:45 Strength Training 10 Caregiver's Support Grp. 10:15 Balance/Exercise	18 8:45 Strength Training 9 COA Board 10 Ask A Nurse 10:15 Balance/Exercise 1 Drawing with Michael 4 Are You Ready for Medicare?	19 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 1:30 Book Club ~ <u>The Underground Railroad</u> 2 Scrabble	20 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
23 NEW 10 WEEK EXERCISE SESSION 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise 1:30 Police Academy	24 8 Gosnold NO EXERCISE TODAY Special Town Election	25 8:45 Strength Training 10 Ask A Nurse 10:15 Balance/Exercise	26 8:45 Stretch & Strengthen 10 Bereavement Support 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble	27 8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge
30 8:45 Strength Training 10:15 Balance/Exercise 1:30 Police Academy	31 8 Gosnold 8:45 Strength Training 10:15 Balance/Exercise	WELLFLEET DINES OUT Sunday, October 1 Marconi Beach		



Wellfleet Council on Aging
715 Old King's Highway
Wellfleet, MA 02667

COA Board Members:

Patricia Shannon ~ Chair
Ernie Bauer ~ Vice Chair
Robin Slack ~ Secretary
Paul Goetinck
Carol Magenau
Sarah Multer
Fred Nass
Dorothy Oberding
Brian Quigley
Evelyn Savage
Maureen Schraut ~FCOA Liason

Friends of the COA:

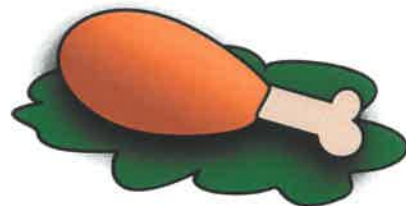
Maureen Schraut ~ President/COA Board Liaison
Carol Parlante ~ Vice President
Sylvia Smith ~ Treasurer
Meredith Blakeley
Greta Einig
Sarah Multer

Thank you to the Friends of the Council on Aging for providing supplemental printing costs for THE WAVE.

IRIS'S CAFÉ

Every Thursday at 12:30 - \$7.50 per person, all luncheons include coffee & dessert, reservations required by Wednesday

September 7th	Tomato cream pasta with mushroom & spinach, green salad
September 14th	Provençal cod with roasted rosemary potatoes and vegetable
September 21st	Chicken pot pie, mixed green salad
September 28th	Beef, bean and vegetable chili with a side salad
October 5th	Roasted pork loin with fruit compote, mashed sweet potatoes and braised cabbage
October 12th	Teriyaki salmon, Asian noodles and slaw
October 19th	Crispy oven fried chicken, macaroni and cheese, green beans
October 26th	Vegetable lasagna, green salad



MARYANN'S SALADS/SOUPS TO GO

A pint of "summer salad" or soup, depending on the weather ~
Packed to travel ~ \$4.00



Wellfleet Dines Out

Labor Day to October 12

Friends of the Wellfleet Council on Aging
Local Restaurants Support the FCOA

The Bookstore - Friday, 9/8
Moby Dick's - Tuesday, 9/12
The Pearl - Friday, 9/15
Catch of the Day - Monday, 9/18
PJ's Family Restaurant - Saturday, 9/23
The Wicked Oyster - Sunday, 9/24
Van Rensselaer's - Monday, 9/25
Marconi Beach Restaurant - Sunday 10/1
Winslow's Tavern - Thursday, 10/5
PB Boulangerie - Thursday, 10/12

**Each restaurant will donate a percentage of its
evening food sales to the FCOA.**
Visit your favorite restaurants and try a new one too!